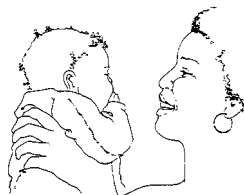


Is My Baby Getting Enough Breast Milk?

Many moms need reassurance that their baby is getting enough milk. The list below can help you determine if breastfeeding is going well.

Check each box that applies to you:

- ☐ Your milk “comes in” 2 - 4 days after delivery.
- ☐ Your breasts feel full before feedings and softer after feedings.
- ☐ Baby latches onto your breast without difficulty and sucks & swallows in a rhythmic pattern, transferring milk, for approximately 10 minutes on each breast.
- ☐ Baby nurses every 1½ to 3 hours (at least 8 times in 24 hours). A sleepy baby needs to be awakened to nurse. It's okay if baby sleeps one 4- to 5-hour period in 24 hours if gaining weight adequately.
- ☐ Baby seems satisfied after a nursing and may fall asleep at the second breast.
- ☐ Mild nipple tenderness is usually gone within the first few days. Severe nipple pain may mean your baby is not latched on right and may not be getting enough milk. Call your WIC breastfeeding counselor!
- ☐ Baby has at least 6 wet diapers in 24 hours. The urine is colorless, light yellow.



☐ After your milk “comes in” baby has 4 or more bowel movements in 24 hours. For the first few days of life your baby will have very dark, tarry stools. By 4–5 days your baby’s bowel movement should look like cottage cheese and mustard. After the first month, the number of bowel movements may decrease.

- ☐ Good weight gain
Weight Checks: Most babies lose some weight in the first few days after birth. By 2 weeks of age your baby should at least be back to birth weight. Once your milk comes in your baby should gain about 5 - 7 ounces a week, for the first couple of months. Have your baby weighed regularly; use your WIC office.

If there is not a check in each box, you may need some extra help with breastfeeding. Your WIC clinic, doctor or lactation counselor can help with breastfeeding questions or problems.

After the first weeks:

- a** As your body adjusts to breastfeeding, your breasts will feel less full. This happens at about the 3rd week or so. This does not mean that you have less milk. It means that your body is making only what your baby needs, not more.
- a** Your baby may want to nurse more often during growth spurts. Frequent breastfeeding will build your milk supply to meet your baby’s needs. Growth spurts usually occur at approximately 2 to 3 weeks, 6 weeks, and 3 months.

So growth spurts are normal, and mean nursing more frequently for a few days will meet your baby's growth. Using formula will decrease your milk supply!

We love to help new moms! We know you have questions. All moms do!

WIC Breastfeeding Counselor: _____
Phone number: _____